



STEPS 2 WELLBEING

## **STEPS 4 MUMS**



### WEEK BY WEEK OVERVIEW:

1.INTRODUCING CBT MODEL. WE WILL START BY LOOKING AT WHAT CBT IS, HOW AND WHY IT CAN HELP US. WE'LL ALSO BE THINKING ABOUT THE GOALS WE CAN SET MOVING FORWARDS AND A GENERAL INTRODUCTION TO THE SESSIONS!

2.BEHAVIOURAL ACTIVATION - THIS WEEK IS GOING TO BE EXPLORING STRATEGIES TO HELP TARGET ANY MOTIVATION AND GETTING US DOING THINGS AGAIN.

3.BEHAVIOURAL ACTIVATION - THIS WEEK IS GOING A BIT DEEPER INTO THIS STRATEGY AND WE'LL LOOK AT OUR VALUES, CHANGING, RUMINATING AND PACING OURSELVES.

4.COGNITIVE RESTRUCTURING - THIS WEEK IS ALL ABOUT TARGETING NEGATIVE THOUGHTS.

5.COGNITIVE RESTRUCTURING - CARRYING ON THE WORK ON THOSE NEGATIVE THOUGHTS, IT'S ALL ABOUT CHALLENGING OUR BELIEF IN OUR THOUGHTS.

6.SLEEP AND RELAXATION - JUST LIKE IT SAYS ON THE TIN, A LOOK AT STRATEGIES TO HELP OUR SLEEP AND HELP US RELAX.

7.FEELING ANXIOUS - SOMETIMES WHEN WE GET LOW WE CAN FEEL ANXIOUS. THIS WEEK IS LOOKING AT SOME STRATEGIES FOR WHEN WE FEEL ANXIOUS.

8.RELAPSE PREVENTION - LAST SESSION! IT'S GOING TO BE ABOUT PULLING EVERYTHING TOGETHER AND MAKING A PLAN MOVING FORWARD AND THINKING ABOUT THE FUTURE!